



 **66%**
HEALTH SCORE

Spicy Grilled Salmon Kabobs

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 tsp chili powder
- 1 bell pepper green cut into wedges
- 0.5 tsp ground pepper red (cayenne)
- 1 onion cut into wedges
- 0.3 cup lite ranch dressing kraft
- 1 lb salmon fillet boneless skinless cut into 1-inch chunks

Equipment

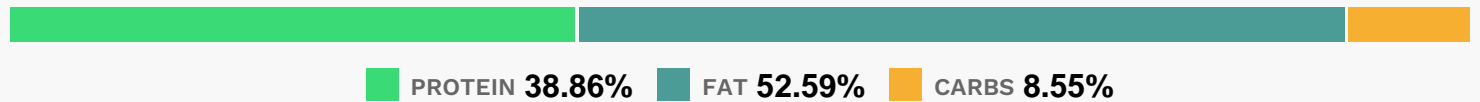
- grill

skewers

Directions

- Pour combined dressing and seasonings over fish in shallow dish; stir to evenly coat. Refrigerate 15 min. to marinate.
- Heat grill to medium-high heat.
- Remove fish from marinade; discard marinade. Thread fish, onions and peppers alternately onto 4 skewers.
- Grill 8 to 10 min. or until fish flakes easily with fork and vegetables are crisp-tender, turning occasionally.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.68, Inflammation Score:-6, Nutrition Score:19.906087060661%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 244.14kcal (12.21%), Fat: 14.03g (21.58%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 5.13g (1.71%), Net Carbohydrates: 3.98g (1.45%), Sugar: 2.63g (2.92%), Cholesterol: 66.27mg (22.09%), Sodium: 192.64mg (8.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.33g (46.65%), Vitamin B12: 3.63µg (60.53%), Selenium: 42.14µg (60.2%), Vitamin B6: 1.04mg (52.22%), Vitamin B3: 9.15mg (45.77%), Vitamin C: 26.13mg (31.67%), Vitamin B2: 0.47mg (27.35%), Phosphorus: 270.29mg (27.03%), Vitamin K: 22.95µg (21.86%), Vitamin B5: 2.07mg (20.73%), Vitamin B1: 0.29mg (19.31%), Potassium: 668.58mg (19.1%), Copper: 0.32mg (16.05%), Magnesium: 40.21mg (10.05%), Folate: 37.48µg (9.37%), Vitamin A: 355.38IU (7.11%), Iron: 1.19mg (6.59%), Zinc: 0.86mg (5.71%), Manganese: 0.11mg (5.32%), Fiber: 1.15g (4.61%), Vitamin E: 0.64mg (4.3%), Calcium: 28.55mg (2.86%)